



# Land Aerobics



Lehi Legacy Center  
123 N Center St.  
801- 768-7124

## LEHI LEGACY CENTER LAND AEROBICS

| Legacy Center - Group Exercise Schedule – Summer 2010 |                                 |                                                |                                 |                                               |                                     |                                                                    |
|-------------------------------------------------------|---------------------------------|------------------------------------------------|---------------------------------|-----------------------------------------------|-------------------------------------|--------------------------------------------------------------------|
| TIME                                                  | MONDAY                          | TUESDAY                                        | WEDNESDAY                       | THURSDAY                                      | FRIDAY                              | SATURDAY                                                           |
| 5:00 AM                                               | MUSCLE MIX<br>Tina              | * CYCLE<br>Danny                               | PUMP<br>Lezlie                  | * CYCLE<br>Nita                               | MUSCLE +<br>Nita                    |                                                                    |
| No. Gym<br>5:00 AM                                    | ZUMBA®<br>Ashley                |                                                | TURBO KICK®<br>Tina             |                                               | BOOT CAMP<br>Marci                  |                                                                    |
| * AERO.<br>RM.*<br>6:00 AM                            | * CYCLE<br>Jenn                 | MUSCLE MIX<br>Tina                             | ZUMBA®<br>Kris                  | MUSCLE MIX<br>Rachel                          | * CYCLE<br>Greg                     |                                                                    |
| No. Gym<br>6:00 AM                                    | TURBO KICK<br>Tina              | SUNRISE YOGA<br>Multi-purpose room #1<br>Susie |                                 | SUNRISE YOGA<br>Multi-Purpose Room #1<br>Cami | JUMP &<br>CRUNCH<br>Marci           | 7:00 AM<br>* CYCLE<br>Danny                                        |
| 9:00 AM                                               | 1/2 HOUR<br>AB ATTACK<br>Carrie | 8:15 AM<br>CYCLE X-PRESS<br>Susan              | 1/2 HOUR<br>AB ATTACK<br>Rachel | 8:15 AM<br>CYCLE X-PRESS<br>Carrie            | 1/2 HOUR<br>AB ATTACK<br>Mia        | 8:15 AM<br>MUSCLE +<br>Aimee                                       |
| 9:30 AM                                               | X-TRAINING<br>Carrie            | CARDIO +<br>Amanda                             | KICK BOX<br>Rachel              | * PUMP MIX<br>Becky                           | CARDIO<br>CIRCUIT<br>Lisa           | 9:20 AM<br>*ZUMBA<br>TONE®                                         |
| 9:30 AM                                               | * TREAD<br>& ABS<br>Lezlie      |                                                | * TREAD<br>& STRETCH<br>Mia     |                                               | * TREAD<br>& SCULPT<br>Carrie       | 9:30 AM<br>*ZUMBA®<br>Jessica                                      |
| 9:30 AM                                               | KID FITNESS**<br>Melanie        | KID FITNESS**<br>Marci                         | KID FITNESS**<br>Melanie        | KID FITNESS**<br>Melanie                      | KID FITNESS**<br>Melissa            | 1 1/2 hr. CYCLE<br>1st Saturday<br>of each month<br>6:30 – 8:00 am |
| 10:30 AM                                              | SENIOR<br>FITNESS<br>Lezlie     | SilverSneakers®<br>MuscularStrength<br>Susan   | SENIOR<br>FITNESS<br>Melissa    | SilverSneakers®<br>Muscular Strength<br>Amy   | SENIOR FIT.<br>Zumba Gold<br>Shelly |                                                                    |
| 6:00 PM                                               | * CYCLE<br>Lari                 |                                                | * CYCLE<br>Jenn                 |                                               |                                     |                                                                    |
| 7:00 PM                                               | * PUMP<br>Aimee                 | STEP INTERVAL<br>Aimee                         | TURBO KICK®<br>Amanda           | * CYCLE<br>Lari                               |                                     |                                                                    |
| 8:00 PM                                               | YOGA I/II<br>Amara              | YOGA II<br>Cami                                | YOGA I/II<br>Jody               | * ZUMBA®<br>Andrea                            |                                     |                                                                    |
| 9:00 PM                                               |                                 | ZUMBA®<br>Dale                                 |                                 |                                               |                                     |                                                                    |

Back-to-Back classes are 55 minutes long. The Senior classes are 45-minutes classes

### THE FACTORY – 4425 North Thanksgiving Way, Lehi-GROUP EXERCISE SCHEDULE

| Time    | MONDAY | TUESDAY       | WEDNESDAY | THURSDAY           | FRIDAY | SATURDAY |
|---------|--------|---------------|-----------|--------------------|--------|----------|
| 6:00 AM |        | YOGA<br>Jenni |           | TURBOKICK®<br>Tina |        |          |

\* Fee and/or check-in required at front desk

Schedule subject to change without notice

Each class is designed to maximize results while enhancing physical and mental fitness levels.

## \*QUICK FACTS

What ..... Aerobic Classes

Where ..... Lehi Legacy Center (Aerobic Room & The Factory)

Who ..... All Welcome!!!

Fees ..... Member.....Free (\*Kid Fitness - \$2.50 1st child, \$1.50 additional)

Non-Members...Aerobic Classes \$3.....Cycling \$3

\*MEMBER ONLY CLASSES ARE FROM 5-8am and 9-11pm

## INFORMATION

For more information contact Legacy Front Desk @ 768-7124